



Take a TASTE!

OHIO Smarter Lunchrooms

Taste Test Ideas

Taste tests expose consumers to something new. The something new can be a food item, but a taste can also share a new method of preparation or flavoring. To make the most of your tasting event, use the opportunity to also talk to students about how the item will appear on the menu. Here are a few ideas – **pick one item** or create your own samples.

Encourage students to try **seasonal fruits and vegetables**. Most students eat a limited range of fruits and vegetables. Fresh seasonal items are colorful, and flavorful – a great way to expand their pallet.

- Blueberries & Cantaloupe
- Kiwi & Grapes
- Red/Orange Bell Peppers & Broccoli
- Cherry Tomatoes & Cucumbers

Introduce **slaws and salsa** as a way to add flavor and crunch to sandwiches, deli-wraps, fish tacos, and other entrée items.

- Pineapple slaw
- Cucumber Relish
- Black Bean and Corn Salsa
- Broccoli, Chickpea Filling
- Oriental Sesame Slaw

Offer healthy, flavorful **dips and spreads** to add zip to fruit slices and vegetable cups.

- Go Bananas Orange Dip
- Strawberry Yogurt Dip
- Lemon Garlic Hummus

Spices are a hot trend with older students. Teach students how to use spices to enhance the flavor of vegetables, salads, and entrées.

- Crushed red pepper on vegetables
- Italian blend on salads and greens
- Butter buds on steamed vegetables
- Maple-roasted garbanzo beans

For more information regarding Taste Test Events and Recipe ideas,
Go to www.OHIOsmarterlunchrooms.com

Recipes

Oriental Sesame Slaw - Yields 50 (1/2 c.) portions

10 c. shredded green cabbage	3.25 c. low fat mayonnaise
10 c. grated carrot	.75 c. and 2 tsp. rice vinegar
5 c. grated jicama	1/3 c. and 1 tbsp. sesame oil
1/3 c. and 1 tbsp. black sesame seeds	1 c. and 3 tbsp. honey

Place the cabbage, carrot, jicama, and sesame seeds in a large bowl. Whisk together the mayonnaise, vinegar, sesame oil, and honey in a small bowl. Drizzle the dressing over the salad; toss until evenly coated. Cool at least 4



Cucumber Relish - Yields 50 (1/2 c.) portions

6 c. chopped tomatoes	1/3 c. sugar
15 cucumbers, seeded and chopped	2 tsp. salt
2 c. chopped green pepper	1 tbsp. ground black pepper
2 c. chopped red onion	1 c. low fat mayonnaise

In a large bowl, stir together all ingredients.



Pineapple Slaw - Yields 50 (1/2 c.) portions

16 c. chopped broccoli	7/8 c. sugar
8 c. diced pineapple	.5 c. white vinegar
1 c. finely chopped green onion	1 tbsp. pepper
1-5/8 c. half-and-half cream	1.5 tsp. salt
3-1/8 c. mayonnaise	

Mix cabbage and pineapple in a bowl. Mix cream, mayonnaise, sugar and vinegar in a separate bowl. Add the cream dressing mixture, salt, and pepper to the cabbage and pineapple mixture. Store covered in the refrigerator for 1-2 hours before serving.



Corn and Bean Salsa with Orange/Lime – Yields 50 (1/2 c.) portions

8 c. yellow frozen corn, thawed	.25 c. finely diced jalapeno
8 c. canned black beans, drained and rinsed	2 tsp. minced garlic
4 c. diced roma tomatoes	1 c. lime juice
1 c. finely chopped cilantro	2 c. orange juice
1 c. finely sliced green onions	.25 c. olive oil, or to taste
1.5 c. finely chopped small red onion	1.5 tsp. salt
1.5 c. red bell pepper, seeded and chopped	1 tsp. pepper

Stir the corn, black beans, tomatoes, cilantro, green onion, red onion, bell pepper, salt, pepper, and garlic in a large bowl. Gently mix in the lime and orange juice. Drizzle with olive oil to serve.



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Broccoli Chickpea Filling - Yields 50 (1/2 c.) portions

11 c. chopped broccoli crowns	1 tbsp. cumin
6 c. shredded cabbage	1 tbsp. garlic
8 c. garbanzo beans, drained/rinsed	1 tbsp. onion powder
2 c. low fat mayo	1 tbsp. lemon pepper
4 tbsp. honey dijon mustard	.5 tbsp. salt
.25 c. apple cider vinegar	

Combine mayo, vinegar, mustard, cumin, garlic, onion powder, lemon pepper and salt and mix until smooth. Toss over remaining ingredients, store chilled until service.



Lemon Garlic Hummus – Yields 50 (1/4 c.) portions

One # 10 can + 2.5 c. garbanzo beans	.5 c. tahini
1.5 c. fresh lemon juice	25 cloves of garlic
1.5 c. olive oil	1.5 tbsp. salt
2 c. juice from beans	

Combine garbanzo beans, lemon juice, olive oil, tahini, garlic, and salt in a food processor and pulse several times to mix. Process until hummus is smooth, about 1 minute.



Strawberry Yogurt Dip - Yields 50 (1/2 c.) portions

3 1/2 qt. strawberries, halved
3 1/2 qt. lowfat, plain yogurt
50 apples, sliced

In a blender or food processor, mix strawberries and yogurt and blend on a low speed. Place dip into a serving bowl or individual 1/2 c. portions. Chill until ready to serve with sliced apples.



Go Bananas Orange Dip - Yields 50 (1/2 c.) portions

25 peeled bananas
3 1/2 qt. lowfat, vanilla yogurt
50 oranges peeled, sectioned

In a blender or food processor, mix bananas and yogurt and blend on a low speed. Place dip into a serving bowl, or individual 1/2 c. portions. Chill until ready to serve with sectioned orange slices.



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